



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01073, Dessert topping, semi solid, frozen

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	50.21	17	1.046	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	318	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1332	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	1.25	17	0.240	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	25.31	19	0.282	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.18	13	0.063	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	23.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	23.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Minerals													
Calcium, Ca	mg	6	13	0.380	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Iron, Fe	mg	0.12	7	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	2	10	0.094	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	8	13	0.703	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	18	10	1.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	25	14	4.216	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.03	11	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.000	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	04513	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	86	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.96	--	--	--	--	--	--	--	--	Calculated or imputed	04513	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	6.3	--	--	--	--	--	--	--	--	Calculated or imputed	04513	01/2003
Lipids													
Fatty acids, total saturated	g	21.783	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.638	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.905	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	8.836	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	3.756	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	3.092	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	4.580	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	1.616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.241	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	1.375	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.523	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.305	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.218	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Phytosterols	mg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Amino Acids													
Tryptophan	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.284	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003